

## Abstract

The invention provides a method for the transmission of a digital data stream (100), in which information about a data clock (102) and about at least one data frame (101) of the digital data stream is recovered from the digital data stream itself, the digital data stream, which comprises at least one data stream unit (108), being provided, the data stream unit (108) having at least one frame synchronization word (104) and at least one data block (103), the digital data stream (100) being received in a data stream reception unit (203), the frame synchronization words (104) of successive data blocks (103) of the digital data stream (100) being detected in a synchronization bit detection unit (201), the data clock (102) being determined from a temporal spacing of the successive frame synchronization words (104) of the digital data stream (100) in a clock determination unit (202), and the data clock being output in a manner dependent on the temporal spacing of the successive frame synchronization bits (104) of the digital data stream (100).

Figure 4